

# Easy Chili Mac and Cheese

**Makes:** 6 Servings

Add variety to your macaroni dishes by adding canned chili with beans. If you're short on time, this recipe will be ready quickly to serve as your main dish.

## Ingredients

**3 cups** chili without beans (1 can, about 24 ounces)  
**1/2 pound** elbow macaroni  
**1/2** onion (chopped)  
nonstick cooking spray  
**2 cups** low-fat cheddar cheese (shredded)  
**1 teaspoon** black pepper  
**1/8 tablespoon** garlic powder

## Directions

1. Cook elbow macaroni according to package directions.
2. Heat a skillet over medium heat and coat with nonstick cooking spray. Cook onion until it is soft. Add chili, black pepper, and garlic powder, and stir well until hot.
3. Stir cheese and chili mixture into cooked macaroni. Mix until cheese is melted and serve.

Recipe adapted from Food.com

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	350	
Total Fat	11 g	
Protein	23 g	
Carbohydrates	38 g	
Dietary Fiber	2 g	
Saturated Fat	4 g	
Sodium	670 mg	